

TEEN ADULT

ART

ART IN THE AFTERNOON

This class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. Color theory, drawing exercises, right brain exercises, and elements of art will be incorporated in this course. Students in this class will be eligible to participate in an Art Show. Materials list. *No Class Dates: Nov-11.*

Pati Kent

HB Art Center

450103-4A	12 yrs+ Tu	2:30-4pm	9/16-10/7	\$76*/\$69
450103-4B	12 yrs+ Tu	2:30-4pm	10/21-11/18	\$95*/\$86

COLORFUL COLORED PENCILS

Learn and apply new techniques of drawing with color by exploring the different components of colored pencil use. Maximize this non-messy bountiful medium by creating drawings with form. Make your artwork pop with color! *No Class Dates: Nov-27.*

Courtney Radcliffe

HB Art Center

450133-4A	12 yrs+ Th	5:45-7:45pm	9/11-10/16	\$96/\$87
450133-4B	12 yrs+ Th	5:45-7:45pm	10/30-12/11.3	\$96/\$87

CAST DRAWING

Learn to draw a sculptural cast from direct observation. Practice drawing tone and mass with the complication of color. Learn the "block-in" method followed by measuring and massing in the shadow shape tonal values. All levels welcome. *No Class Dates: Nov-28.*

Gia Moody

HB Art Center

450107-4A	16 yrs+ F	12-2:15pm	9/12-10/17	\$108*/\$98
450107-4B	16 yrs+ F	12-2:15pm	10/24-12/5	\$108*/\$98

CERAMIC CREATIONS (ADULTS)

Come and join this fun and relaxing ceramics class. We will learn the basic techniques for hand building with clay as we create whimsical projects. You will enjoy the process of sculpting with your hands and basic tools! From functional to purely decorative items. Work on small simple projects each week or more intricate ones throughout the class. \$25 material fee due at first class.

Lucia Henry

HB Art Center

450108-4A	16 yrs+ W	11am-1pm	9/17-10/22	\$125*/\$113
450108-4B	16 yrs+ W	11am-1pm	10/29-12/3	\$125*/\$113

DIGITAL PHOTOGRAPHY BEGINNING

The beginning digital photography class will help students gain fluency with the basic technical skills of digital photography as it relates to image making. Expect to expand your understanding of the medium, acquire basic technical skills, and pursue your own photographic vision while using the digital camera of your choice.

Kurt Weston

HB Art Center

450109-4A	16 yrs+ F	3:30-5:30pm	10/17-11/21	\$91*/\$82
450109-4B	16 yrs+ Sa	1-3pm	10/18-11/22	\$91*/\$82

DIGITAL PHOTOGRAPHY INTERMEDIATE

This intermediate class reinforces and enhances the basic concepts and skills acquired in the beginning digital photography class. Course emphasis is on the refinement of technical skills, technique, concept and development of a personal direction in photography. Theoretical, historical, and critical concerns will form part of our curriculum.

Kurt Weston

HB Art Center

450110-4A	16 yrs+ F	1-3pm	10/17-11/21	\$91*/\$82
-----------	-----------	-------	-------------	------------

DRAWING & PAINTING WITH PATI

This class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. Color theory, drawing exercises, right brain exercises, and elements of art will be incorporated in this course. Students in this class will be eligible to participate in an Art Show. Materials list. *No Class Dates: Nov-11.*

Pati Kent

HB Art Center

450111-4A	12 yrs+ Tu	6-7:30pm	9/16-10/7	\$76*/\$69
450111-4B	12 yrs+ Tu	6-7:30pm	10/21-11/18	\$95*/\$86

DRAWING IN MULTIPLE PERSPECTIVES

Apply methods of observational drawing skill by expanding upon multiple options of building personal artistic skill using linear perspective and atmospheric perspective practices. Learn how to create depth on a two-dimensional surface by applying atmospheric perspective methods, one-point, two-point, three-point and four-point linear perspective. This very detailed drawing class is open for all skill levels. Materials list. *No Class Dates: Nov-27.*

Courtney Radcliffe

HB Art Center

450112-4A	12 yrs+ Th	3:30-5:30pm	9/11-10/16	\$86*/\$78
450112-4B	12 yrs+ Th	3:30-5:30pm	10/30-12/4	\$86*/\$78

DIGITAL PHOTOGRAPHY CRITIQUE SESSIONS

These sessions are for technically competent and self-directed photographers who wish to showcase and discuss their work. We will address questions and concerns about photographic technique and aesthetic. Instructor Kurt Weston (MFA), skilled as both a commercial and fine arts photographer will lead the sessions, sharing his advice and knowledge.

Kurt Weston

HB Art Center

450132-4A	16 yrs+ Sa	3-4:30pm	10/18-11/22	\$86*/\$78
-----------	------------	----------	-------------	------------

FLOWER BELL WORKSHOP

In this workshop we will make a silver bell complete with a clapper! You will learn to make silver slip from silver clay then paint a dried flower to make a custom silver bell. Make as many bells as you like. Flowers and all tools provided. \$27 fee for silver clay.

Laura Moore

HB Art Center

450128-4W	15 yrs+ Sa	1-4pm	11/29-12/6	\$52*/\$47
-----------	------------	-------	------------	------------

INTRODUCTION TO METAL CLAY

Learn to make silver clay jewelry! Students will learn how to work with clay, how to store it, various firing methods and various finishing options. Projects will include making a pendant from a texture plate, making a mold and creating your own art work from your mold. \$5 tool rental+ clay purchase.

Laura Moore

HB Art Center

450129-4A	13 yrs+ W	5:30-7:30pm	9/10-10/15	\$112*/\$101
-----------	-----------	-------------	------------	--------------

INTERMEDIATE METAL CLAY

Students will continue to explore the possibilities of silver clay. Projects we will work on are, a ring, setting a glass cabochon, creating a hollow form bead, and setting cubic zirconium stones. Projects completed will vary depending upon students' experience. Tools are provided.

Laura Moore

HB Art Center

450130-4A 13 yrs+ W 5:30-7:30pm 11/5-12/3 \$112*/\$101

OIL PAINTING

This is a basic fundamental painting course using traditional techniques and methods for oil painting. We will learn a "master's palette" using 2 colors to make flesh tones, learn what an underpainting is and how to do one for both landscape and figure plus painting tips on materials and techniques will be covered. All levels are welcome.

Gia Moody

HB Art Center

450104-4A 16 yrs+ W 5:45-7:30pm 9/10-10/15 \$108*/\$98

450104-4B 16 yrs+ W 5:45-7:30pm 10/22-11/26 \$108*/\$98

PAINTING AND DRAWING AT THE SENIORS' CENTER

Develop basic painting skills and techniques through demonstration, lecture and personal help. Emphasis will be on watercolor techniques, but oil and acrylics are welcome. This is a 3-hour studio session with beginning instruction. A \$20.00 lab fee due to instructor if you do not already have materials. *No Class Dates: Nov-11.*

Marilyn Oropeza

Rodgers Seniors' Center

450115-5A 18 yrs+ Tu 8:30-11:30am 9/9-10/14 \$40

450115-5B 18 yrs+ Tu 8:30-11:30am 10/21-11/25 \$40

450115-5C 18 yrs+ Tu 8:30-11:30am 12/2-12/23 \$30

PORTRAITURE & FIGURE DRAWING

This class will introduce the basics of drawing the human head by way of instruction and demonstration. A 3D sculptural head, Greek casts, and live models will be used. Work on tonal drawings, learn a "block-in" method and composition. All levels welcome.

Gia Moody

HB Art Center

450119-4A 16 yrs+ Sa 10am-12:15pm 9/13-10/18 \$108*/\$98

450119-4B 16 yrs+ Sa 10am-12:15pm 10/25-11/29 \$108*/\$98

RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. \$9 material fee due at first class. *No Class Dates: Oct-8, Oct-9, Oct-15 Oct-16.*

Margaret Husting

Murdy Community Center

450122-1A 18 yrs+ Th 1-2pm 9/11-11/20 \$63

Margaret Husting

Rodgers Seniors' Center

450122-5A 18 yrs+ W 9-10am 9/10-11/19 \$70

TAKING THE FEAR OUT OF WATERCOLOR PAINTING

In this introductory class, students are taught the basics of watercolor painting, including color mixing, composition, value, and materials. Focus will be upon landscape and seascape painting with personalized instruction based upon student's needs. Demonstration will be given periodically through the course. Materials list. *No Class Dates: Nov-6, Nov-27.*

Diane Merrill

HB Art Center

450117-4A 13 yrs+ Th 9:30am-12:30pm 9/11-10/16 \$114*/\$103

450117-4B 13 yrs+ Th 9:30am-12:30pm 10/23-12/11 \$114*/\$103

WATERCOLOR BEGINNING TO ADVANCED

This class is for beginning to advanced students who wish to create watercolor paintings and improve their proficiency in the media. The class focuses on skills, techniques, weekly demonstrations and critiques for all levels. Materials list.

Diana LoSchiavo

HB Art Center

450101-4A 13 yrs+ Tu 10am-1pm 9/9-10/28 \$117/\$106

COMPUTERS

BEGINNING COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A \$5 suggested donation is due at the first class. *No Class Dates: Nov-11.*

RSC Volunteer

Rodgers Seniors' Center

450200-5A 18 yrs+ Tu 9-11:30am 9/9-9/30 \$15

450200-5B 18 yrs+ Tu 9-11:30am 10/7-10/28 \$15

450200-5C 18 yrs+ Tu 9-11:30am 11/4-11/25 \$15

BUYING ON THE INTERNET

Discuss advantages to purchasing on the internet, including comparison shopping, product details and reviews from other buyers. Learn how to efficiently search the internet using various search engines, search, bars and address bars. Acquire the skills and comfort to help you get the best bang for your buck online! Advanced registration strongly advised.

Joel Lander

Rodgers Seniors' Center

450202-5A 18 yrs+ Sa 9am-12pm 10/25-10/25 \$38

450202-5B 18 yrs+ Sa 9am-12pm 11/8-11/8 \$38

450202-5C 18 yrs+ Sa 9am-12pm 12/13-12/13 \$38

ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save information and find it. Also learn e-mailing, attaching files to e-mails, downloading, backing-up info on your computer and much more. Friendly, well-paced atmosphere. Experienced and patient teacher. Advanced registration strongly advised.

Joel Lander

Rodgers Seniors' Center

450205-5A 18 yrs+ F 9am-12pm 10/3-10/24 \$66

450205-5B 18 yrs+ Th 9am-12pm 10/30-11/20 \$66



FUN WITH CRAIGSLIST

What you always wanted to know about Craigslist! Don't miss it! Buy or sell anything FOR FREE! Buy: Make offers, buy items. Sell: Write & edit ads, attach photos. Protection: Learn to protect yourself when using Craigslist. Opportunity: To learn to use one of the most popular shopping websites.

Joel Lander

450201-5A	18 yrs+	Sa	9am-12pm	10/11-10/11	\$38
450201-5B	18 yrs+	Sa	9am-12pm	11/22-11/22	\$38
450201-5C	18 yrs+	Sa	9am-12pm	12/6-12/6	\$38

Rodgers Seniors' Center

FACEBOOK

Safely connect with family members and friends online! Join us to learn about the most popular social networking site. We will cover topics like setup, privacy, messaging, photo sharing, adding friends, and more. Interactive class provides step by step instructions and handouts to take home. No experience necessary.

Little Hands Megabytes

450207-5A	18 yrs+	Sa	10am-12pm	10/11-10/25	\$64
-----------	---------	----	-----------	-------------	------

Rodgers Seniors' Center

MS WORD ESSENTIALS

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important tabs and ribbon. A suggested donation of \$5 is due at the first class.

RSC Volunteer

450209-5A	18 yrs+	W	9am-12pm	9/3-9/24	\$15
450209-5B	18 yrs+	W	9am-12pm	10/8-10/29	\$15

Rodgers Seniors' Center

ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Put information where you can find it. Clean up and organize old files and your desktop. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to make your computer life easier and optimize your computer. Skills are universal whether you have Windows XP, Vista or 7. Ask questions, get answers, have fun! Advanced registration strongly advised.

Joel Lander

450210-5A	18 yrs+	Th	2-5pm	10/16-10/23	\$66
450210-5B	18 yrs+	Th	2-5pm	10/30-11/6	\$66
450210-5C	18 yrs+	F	9am-12pm	12/5-12/12	\$66

Rodgers Seniors' Center

PICASA, PHOTO EDITING AND ORGANIZING

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share your pictures via emails, web albums, CDs, prints and much more. Advanced registration strongly advised.

Joel Lander

450214-5A	18 yrs+	Th	9am-12pm	10/2-10/23	\$66
450214-5B	18 yrs+	F	9am-12pm	10/31-11/21	\$66

Rodgers Seniors' Center

WINDOWS 7 MADE EASY

Learn to navigate and use Windows 7 to your advantage. Personalize your computer. Design your desktop. Understand the Start menu and taskbar. Understand the libraries and Accessories. Take advantage of the control panel and the many adjustments available in Windows 7. Ask questions, experiment, learn tricks, share and discover. Have fun!

Joel Lander

450211-5A	18 yrs+	Th	2-5pm	10/2-10/9	\$66
450211-5B	18 yrs+	Th	2-5pm	11/13-11/20	\$66
450211-5C	18 yrs+	Th	9am-12pm	12/4-12/11	\$66

Rodgers Seniors' Center

COOKING

BEST EVER TAMALES

Learn the basic way to prepare, assemble and steam the best tamales. This is a hands-on class to perfect the art. We will be making different regional types of tamales along with several different sauces and fillings. \$15 material fee due at first class.

April Berg

450309-2A	18 yrs+	Tu	6:15-9:15pm	11/4-11/4	\$35
-----------	---------	----	-------------	-----------	------

Edison Community Center

CAKE DECORATING: BASICS

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. You'll provide some of your own supplies. Book is extra. This class must be taken before taking the Gumpaste and Fondant or the Flowers and Cake Design classes.

Rebecca Mejia

450301-1A	13 yrs+	Tu	6-8pm	9/9-9/30	\$50
450301-1B	13 yrs+	Tu	6-8pm	10/7-10/28	\$50

Murdy Community Center

CAKE DECORATING: FLOWERS & CAKE DESIGN

In this exciting course! Flowers and cake design is your introduction to breathtaking new icing flowers such as vivid violets, delicate apple blossoms, glorious lilies and the famous Wilton rose. With the skills you learn here and your ability to make flowers using Royal icing, you can create beautiful blooms. Must have taken Cake Decorating: Basic Beginnings before this class.

Rebecca Mejia

450303-1A	13 yrs+	W	6-8pm	9/17-10/8	\$50
-----------	---------	---	-------	-----------	------

Murdy Community Center

CAKE DECORATING: GUM PASTE & FONDANT

The course will open thrilling possibilities for your cakes. You'll create incredible stand-up decorations by hand using gum paste and fondant from flowers with delicate ruffled layers of petals to thrilling bows in bold colors to exciting effects. It's a whole new way to decorate! Book is extra. Must have taken Cake Decorating: Basic Beginnings before this class. No Class Dates: Nov-27.

Rebecca Mejia

450304-1A	13 yrs+	Th	6-8pm	11/6-11/27	\$50
-----------	---------	----	-------	------------	------

Murdy Community Center

GOURMET GIFTS FROM THE KITCHEN

This class will show you how to give great delicious gifts to everyone on your holiday gift list. We will be demonstrating bread and cookie mixes, spice mixes, drink mixes, popcorn mixes, oils and vinegars. Also you are taking home lots more recipes to make and share. Also learn how to wrap and ship these WOW gifts. \$15 material fee due at class.

April Berg

450305-2A	18 yrs+	Tu	6:15-9:15pm	12/2-12/2	\$35
-----------	---------	----	-------------	-----------	------

Edison Community Center

HEARTWARMING SOUPS

Soups can be an appetizer, first course and main course and dessert. Learn the foundation of soup. We will learn to make vegetable stock, chicken and beef stock from scratch. We will be making chowders, bisques, cream soups, stews and so much more. Take home lots of recipes. \$15 material fee due at first class.

April Berg Edison Community Center
450306-2A 18 yrs+ Tu 6:15-9:15pm 1/6-1/6 \$35

MASTER OF ART OF CHOCOLATE

Chocolate is such a wonderful and challenging ingredient. It is used in so many dishes from appetizers, main courses, and of course desserts. You will learn special techniques to become an almost chocolate expert. Take home a huge packet of recipes and come hungry. \$15 material fee due at first class

April Berg Edison Community Center
450308-2A 18 yrs+ Tu 6:15-9:15pm 10/7-10/7 \$35

SOUTHWESTERN AND NEW MEXICAN CUISINE

Come and learn to create delicious New Mexican and Southwestern fare. We will be preparing chicken mole, roasted corn salsa, and other salsas, blue corn chili rellenos, working with various chilies, chipotle black beans, rice and flan to name a few. Come hungry. \$15 material fee due at first class.

April Berg Edison Community Center
450307-2A 18 yrs+ Tu 6:15-9:15pm 9/23-9/23 \$35

DANCE

BALLET: ADULT BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free.

Huntington Academy of Dance City Gym and Pool
450442-3A 16 yrs+ M 7-8pm 9/8-11/10 \$105

Huntington Academy of Dance 16601 Gothard St, Suite A
450442-1A 16 yrs+ W 7:30-8:30pm 9/10-11/12 \$105

BALLET & BALLET STRETCH FOR OLDER ADULTS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process.

Huntington Academy of Dance Rodgers Seniors' Center
450426-5A 50 yrs+ M 12:30-1:30pm 9/8-10/13 \$49
450426-5B 50 yrs+ M 12:30-1:30pm 10/20-11/24 \$49
450426-5C 50 yrs+ M 12:30-1:30pm 12/1-12/22 \$32

BALLROOM & SWING

You'll learn one of the elegant ballroom dances: Waltz (weddings), Foxtrot, or Rumba plus the jazzy swing! Classic dance moves will give you confidence at weddings, cruises, and parties. Hosted by Jill Foremen. No Partner needed

Kaylaa Fox Edison Community Center
450407-2A 16 yrs+ M 7-8pm 9/8-10/6 \$59
450407-2B 16 yrs+ M 7-8pm 10/13-11/10 \$59

BELLY DANCE

Belly dance is a low impact workout that strengthens muscles, especially the back and core. This class teaches the Turkish technique while getting a great cardio workout. It is proven that belly dance increases joint flexibility, raises metabolism and tones all muscle groups.

Staff Murdy Community Center
450409-1A 12 yrs+ M 7-8pm 9/8-10/13 \$60
450409-1B 12 yrs+ F 10:30-11:30am 9/12-10/17 \$60

COUNTRY LINE

Have fun & show off your dance moves and turns as you learn easy, popular line dances. Great exercise having a good time and burn up the calories. Taught slowly step by step so everyone will be dancing right away. No partner needed. \$2 material fee due at first class. *No Class Dates: Nov-27.*

Kaylaa Fox Murdy Community Center
450413-1A 16 yrs+ Th 7-7:45pm 9/11-10/2 \$49
450413-1B 16 yrs+ Th 7-7:45pm 10/9-10/30 \$49
450413-1C 16 yrs+ Th 7-7:45pm 11/6-12/4 \$49

COUNTRY LINE INTERMEDIATE

Great Intermediate popular Line dance. Dance at clubs, singles dances, weddings....so in right now. No partner needed. \$2 material fee due at first class. *No Class Dates: Nov-27.*

Kaylaa Fox Murdy Community Center
450414-1A 16 yrs+ Th 6:15-7pm 9/11-10/2 \$49
450414-1B 16 yrs+ Th 6:15-7pm 10/9-10/30 \$49
450414-1C 16 yrs+ Th 6:15-7pm 11/6-12/4 \$49

COUNTRY TWO STEP

Country Two Step is the top dance at country nightclubs and country events. You will learn Country Two Step and be out having a great country good time socializing and meeting new people. COUNTRY IS BIG! \$2 material fee due at first class. No partner needed! *No Class Dates: Nov-27.*

Kaylaa Fox Murdy Community Center
450415-1A 16 yrs+ Th 7:45-8:30pm 9/11-10/2 \$49
450415-1B 16 yrs+ Th 7:45-8:30pm 10/9-10/30 \$49
450415-1C 16 yrs+ Th 7:45-8:30pm 11/6-12/4 \$49

LINE DANCE INTRODUCTION

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music. *No Class Dates: Nov-21, Nov-28.*

Suzy Hazard Rodgers Seniors' Center
450434-5A 18 yrs+ F 3-4pm 9/12-12/19 \$58

LINE DANCE FITNESS LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%! Prerequisite: Line Dance Introduction. *No Class Dates: Nov-21, Nov-28.*

Suzy Hazard		Rodgers Seniors' Center			
450419-5A	18 yrs+ F	4-5pm	9/12-12/19	\$58	

LINE DANCE INTRO & LEVEL 1

Take both the Introduction and Level 1 Line Dance classes. Prerequisite: Line Dance Introduction or knowledge of basics. *No Class Dates: Nov-21, Nov-28.*

Suzy Hazard		Rodgers Seniors' Center			
450436-5A	18 yrs+ F	3-5pm	9/12-12/19	\$68	

LINE DANCE FITNESS LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience. *No Class Dates: Nov-19, Nov-26.*

Suzy Hazard		Rodgers Seniors' Center			
450428-5A	18 yrs+ W	2:15-3:45pm	9/10-12/17	\$68	

LINE DANCE FITNESS 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class. *No Class Dates: Nov-17, Nov-24.*

Suzy Hazard		Rodgers Seniors' Center			
450433-5A	18 yrs+ M	3:15-4:45pm	9/8-12/15	\$68	

LINE DANCE FITNESS 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great Physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years. *No Class Dates: Nov-19, Nov-26.*

Suzy Hazard		Rodgers Seniors' Center			
450420-5A	18 yrs+ W	12:30-2pm	9/10-12/17	\$68	

PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Time and date to be arranged with instructor. *No Class Dates: Nov-11, Nov-27, Nov-28.*

SockhopFitness		Edison Community Center			
450402-2A	6 yrs+ M,Tu,W,Th,F,Sa	8am-10pm	9/8-12/20	\$64	

SALSA

Basic steps are taught to beginners step by step. You can dance immediately with confidence. Easy and fun salsa patterns and techniques. Partner not needed. \$2 material fee due at first class.

Kaylaa Fox		Murdu Community Center			
450421-1A	16 yrs+ Th	8:30-9:15pm	9/11-10/2	\$49	
450421-1B	16 yrs+ Th	8:30-9:15pm	10/9-10/30	\$49	

SOUNDS OF MOTOWN

Get up and Get down to the sounds of Motown!!! Certified dance instructor, Charletta Fry, has over 15 years experience teaching African dance, jazz and hip-hop. Now it's your turn to experience the joy of dance and join the fun as you'll be 'movin and groovin' to the rhythms that inspired a generation. No experience necessary.

Charletta Fry		Rodgers Seniors' Center			
450403-5A	18 yrs+ W	11am-12pm	9/10-10/8	\$45	
450403-5B	18 yrs+ W	11am-12pm	10/15-11/19	\$45	

SWING ADVANCED

Move way beyond the basics. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary.

Kaylaa Fox		Murdu Community Center			
450422-1A	18 yrs+ Th	6:15-7:15pm	9/18-10/16	\$49	
450422-1B	18 yrs+ Th	6:15-7:15pm	10/23-11/20	\$49	

SWING BASICS

Fun and easy Swing Dance. Basics steps are taught to beginners so they may dance immediately with confidence. Swing dance is the most versatile and fun social dance since it can be danced to almost any kind of music. No partner necessary.

Kaylaa Fox		Murdu Community Center			
450423-1A	16 yrs+ Th	8:15-9:15pm	9/18-10/16	\$49	
450423-1B	16 yrs+ Th	8:15-9:15pm	10/23-11/20	\$49	

SWING INTERMEDIATE

Move on to Swing intermediate. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make you're dancing more enjoyable. No partner needed.

Kaylaa Fox		Murdu Community Center			
450424-1A	16 yrs+ Th	7:15-8:15pm	9/18-10/16	\$49	
450424-1B	16 yrs+ Th	7:15-8:15pm	10/23-11/20	\$49	

TAP CLASS BEGINNING

No experience needed. Learn to tap in a fun friendly environment. A Broadway style tap routine will be taught. Guaranteed to increase balance and memory. *No Class Dates: Nov-11.*

Renee Roseth		Rodgers Seniors' Center			
450437-5A	18 yrs+ M	5-6pm	9/29-12/15	\$175	
450437-5B	18 yrs+ Tu	5-6pm	9/30-12/16	\$175	
450437-5C	18 yrs+ W	3:30-4:30pm	10/1-12/17	\$175	

TAP-INTERMED/ADVANCED

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught. No Class Dates: Nov-11.

Renee Roseth

Rodgers Seniors' Center

450438-5A	18 yrs+	M	6-7pm	9/29-12/15	\$175
450438-5B	18 yrs+	Tu	6-7pm	9/30-12/16	\$175
450438-5C	18 yrs+	W	2:30-3:30pm	10/1-12/17	\$175

TUPUA'S ADVANCED POLYNESIAN

Dance your way to better fitness with the rhythms of the South Pacific! Students should wear comfortable clothing, bring a pareo (sarong) and water bottle. Routines learned will be performed at our "Luau." No Class Dates: Nov-27.

Melody Seanoa

Rodgers Seniors' Center

450439-5A	13 yrs+	Th	7-8pm	9/11-10/16	\$60
450439-5B	13 yrs+	Th	7-8pm	10/23-12/11	\$70

TUPUA'S BEGINNING POLYNESIAN

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required. No Class Dates: Nov-27.

Melody Seanoa

Rodgers Seniors' Center

450440-5A	13 yrs+	Th	6-7pm	9/11-10/16	\$60
450440-5B	13 yrs+	Th	6-7pm	10/23-12/11	\$70

ZYDECO BASIC 2-STEP

Come learn to "Do the Zydeco", the infectious, accordion-driven 2-step found in the dance halls and honky-tonks of the prairies and bayous of southwest Louisiana. Basic moves include footwork, open and closed dance position, hand-toss and rock-step. Lessons will also include history of the genre, dance floor etiquette and more! No partner? No problem! We rotate!

Karen Redding

Rodgers Seniors' Center

450408-5A	18 yrs+	W	7-8pm	9/10-10/1	\$49
-----------	---------	---	-------	-----------	------

ZYDECO INTERMEDIATE 2-STEP

This class is designed to add intermediate moves and styling tips to the basic Zydeco patterns. We will be adding some Louisiana spice by teaching turns and moves in closed and open dance positions. No partner? No problem! We rotate!

Karen Redding

Rodgers Seniors' Center

450441-5A	18 yrs+	W	7-8pm	10/15-11/5	\$49
-----------	---------	---	-------	------------	------

DOG TRAINING

AKC CANINE GOOD CITIZEN TEST

If your dog has already learned basic obedience commands and is relaxed and friendly around other dogs and people, sign him up to be tested in ten skill areas and have him earn his Canine Good Citizen certificate from American Kennel Club! Please call (714) 532-3647 if you'd like a list of the 10 skills to be tested

Dog Services Unlimited

Edison Community Center

450503-2A	10 yrs+	Tu	8:30-9:15pm	10/21-10/28	\$26
-----------	---------	----	-------------	-------------	------

CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control in just 4 weeks. For dogs 5 months or older will learn to obey commands: stay, come, sit, lie down and walk without pulling on a leash. Dog attend all meetings. Pre-registration is required. Instructor will brief students what to bring first lesson.

Dog Services Unlimited

Murdy Community Center

450506-1A	10 yrs+	M	7-8:15p	10/27-11/17	\$80
-----------	---------	---	---------	-------------	------

DOG OBEDIENCE BEGINNING

For dogs 5 months and older and handlers 10 years to adult. Obedience commands (heel, sit, down, stay, stand, come), long distance work, hand signals, and correcting bad habits (chewing, jumping, digging, etc.). Trophies and certificates awarded at graduation. First meeting inside building, WITHOUT DOGS. Bring shot records and \$10 material fee (includes training manual).

Dog Services Unlimited

Edison Community Center

450504-2A	10 yrs+	Tu	7:30-8:30pm	9/16-10/28	\$90
450504-2B	10 yrs+	W	6-7pm	10/1-11/12	\$90

Dog Services Unlimited

Murdy Community Center

450504-1A	10 yrs+	Th	7-8pm	10/9-11/20	\$90
-----------	---------	----	-------	------------	------

FLYBALL DOG TRAINING BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called". First class held without dogs. No Class Dates: 10/18, 11/15.

Surf City Flyball

Dog Park

450507-1A	15 yrs+	Sa	9-10am	9/20-11/22	\$85
-----------	---------	----	--------	------------	------

EDUCATIONAL

E-BAY SELLING BASICS

You'll learn the selling basics: how to open an E-Bay sales account, how to decide what to sell first, little known tips on setting up your first auction and stealth secrets for creating an eyeball-grabbing listing. Handouts will be given during class and CPU points are available. Instruction will be presented using Power Point.

David Krueger

Murdy Community Center

450606-1A	18 yrs+	Tu	7-9pm	9/16-9/30	\$79
-----------	---------	----	-------	-----------	------

ITALIAN: CONVERSATIONAL ITALIAN

This Italian course will focus on the basics of conversational Italian and be geared to the most useful expressions and vocabulary for daily use and travel. Come and learn communication of daily activities, introductions and descriptions. The program is adjusted to the requests and abilities of the participants. No experience is required. Ci vediamo! (see you soon!) No Class Dates: Nov-27.

Spectrum Languages

Edison Community Center

450601-2A	18 yrs+	Th	6:30-7:30pm	9/18-12/4	\$110
-----------	---------	----	-------------	-----------	-------

ITALIAN: CONVERSATIONAL ITALIAN

This Italian course will be a continuation of Italian 1A with additional vocabulary learning, verb tense acquisition and again a focus on speaking in daily activities. The program is adjusted to the requests and abilities of the participants. Recommended for students with at least 10 hours of previous Italian learning. Grazie mille! (thank you!). *No Class Dates: Nov-27.*

Spectrum Languages			Edison Community Center		
450603-2A	18 yrs+	Th	7:30-8:30pm	9/18-12/4	\$110

SPANISH FOR FUN AND FOREVER-BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his or her message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives color visuals for mastery of the current vocabulary. \$5 activity fee due at first class. *No Class Dates: Nov-11.*

Murnez Blades			Rodgers Seniors' Center		
450604-5A	18 yrs+	Th	3-4pm	10/9-11/20	\$94
450604-5B	18 yrs+	Tu	6-7pm	10/7-11/25	\$94

SPANISH FOR FUN AND FOREVER-INTERMEDIATE

Building upon what they have learned in the previous sessions, the students continue using the recipe system and build upon it. They begin to learn a few of the finer points of communication and become more fluent. \$5 activity fee due at first class.

Murnez Blades			Rodgers Seniors' Center		
450605-5A	18 yrs+	Th	4:15-5:15pm	10/9-11/20	\$94

YOUTH LEADERSHIP & PUBLIC SPEAKING

Learn to be a fearless communicator! Through hands-on activities and leadership roles, new and continuing students have fun learning to overcome stage fright, enhance their speech writing, presentation skills, and critical thinking. The workshop style provides one-on-one feedback in a comfortable atmosphere as students continue to progress through each season.

Young Ambassadors			City Gym and Pool		
450607-3A	10-14 yrs	F	5:10-6:10pm	10/3-11/7	\$95

HEALTH & FITNESS

AQUATIC BODY BUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions: aquatonefitness@aol.com. *No Class Dates: Nov-28.*

Aqua Tone Fitness			City Gym and Pool		
450802-3A	16 yrs+	F	6:45-8am	9/12-12/12	\$124
450802-3B	16 yrs+	W	8:15-9:25am	9/10-12/10	\$132
450802-3C	16 yrs+	M	8:15-9:25am	9/8-12/8	\$132

AQUATIC EXERCISE: AQUA-EVENING

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: aquatonefitness@aol.com. *No Class Dates: Oct-31, Nov-26, Nov-28.*

Aqua Tone Fitness			City Gym and Pool		
450804-3A	16 yrs+	M	5:30-6:30pm	9/8-12/8	\$104
450804-3B	16 yrs+	W	5:30-6:30pm	9/10-12/10	\$97
450804-3C	16 yrs+	M,W	5:30-6:30pm	9/8-12/10	\$195
450804-3D	16 yrs+	M,W,F	5:30-6:30pm	9/8-12/12	\$279
450804-3E	16 yrs+	F	5:30-6:30pm	9/12-12/12	\$90

AQUA-FIT: FAT BURNING

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. *No Class Dates: Nov-28.*

Debra Thurn			City Gym and Pool		
450805-3A	16 yrs+	M,W	1:15-2pm	9/8-10/22	\$119
450805-3B	16 yrs+	F	11:15am-12pm	9/12-10/24	\$63
450805-3C	16 yrs+	M,W	1:15-2pm	10/27-12/10	\$103
450805-3D	16 yrs+	F	11:15am-12pm	10/31-12/12	\$47

AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery. *No Class Dates: Nov-11, Nov-27, Nov-28.*

Debra Thurn			City Gym and Pool		
450806-3A	16 yrs+	M,W,F	12:15-1:15pm	9/8-10/24	\$144
450806-3B	16 yrs+	Tu,Th	12:30-1:30pm	9/9-10/23	\$98
450806-3C	16 yrs+	M,W,F	12:15-1:15pm	10/27-12/12	\$131
450806-3D	16 yrs+	Tu,Th	12:30-1:30pm	10/28-12/11	\$111

AQUA-TONE: AQUATIC CARDIO EXERCISE

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com. *No Class Dates: Nov-11, Nov-27, Nov-28, Nov-29.*

Aqua Tone Fitness			City Gym and Pool		
450808-3A	16 yrs+	M	7-8am	9/8-12/8	\$104
450808-3B	16 yrs+	W	7-8am	9/10-12/10	\$104
450808-3C	16 yrs+	M,W	7-8am	9/8-12/10	\$196
450808-3D	16 yrs+	Tu,Th	7-8am	9/9-12/11	\$185
450808-3E	16 yrs+	Tu,Th	8:20-9:20am	9/9-12/11	\$185
450808-3F	16 yrs+	F	8:20-9:20am	9/12-12/12	\$97
450808-3G	16 yrs+	Sa	7-8am	9/13-12/13	\$97

AQUATIC EXERCISE: H2O BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H₂O Boot Camp challenges swimmers of all ages and physical shape. Whether you are a recreational swimmer or not, this 45 minute session will be hard work. Questions: aquatonefitness@aol.com. *No Class Dates: Nov-28.*

Aqua Tone Fitness			City Gym and Pool		
450821-3A	16 yrs+	F	9:30-10:15am	9/12-12/12	\$97

AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdomen region, better posture and more! Core strength can also help you reduce the risk for certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water and your own exercise ball. *No Class Dates: Nov-11, Nov-26, Nov-27, Dec-13.*

HB Pilates

City Gym and Pool

450833-3A	16 yrs+	Tu	6:30-7pm	9/9-11/18	\$66
450833-3B	16 yrs+	W	11-11:30am	9/10-11/19	\$72
450833-3C	16 yrs+	Tu	6:30-7pm	11/25-12/16	\$30

HB Pilates

Edison Community Center

450833-2A	16 yrs+	M	8:30-9pm	9/8-11/17	\$72
450833-2B	16 yrs+	Tu	11-11:30am	9/9-11/18	\$66
450833-2C	16 yrs+	F	11:30am-12pm	9/12-11/21	\$72
450833-2D	16 yrs+	F	11:30am-12pm	12/5-12/19	\$24

HB Pilates

Murdy Community Center

450833-1A	16 yrs+	M	11:30am-12pm	9/8-11/17	\$72
450833-1B	16 yrs+	W	6:30-7pm	9/10-11/19	\$72
450833-1C	16 yrs+	W	6:30-7pm	12/3-12/17	\$24

CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4, 6, or 8-inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. *Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$165. *No Class Dates: Nov-24, Nov-26, Nov-28.*

Susan Hardy

Murdy Community Center

450835-1A	18 yrs+	M,W,F	9:15-10am	9/8-12/12	\$136
-----------	---------	-------	-----------	-----------	-------

CARDIO SCULPT

Join the fun! Combining step combinations with low impact and strength training to burn calories and improve heart and muscle health. Steps provided for an effective, energizing workout. Please bring water, towel, and exercise mat. Bringing your own hand held weights is also recommended. *No Class Dates: Nov-11, Nov-27.*

Joanne Pridomirski

Edison Community Center

450850-2A	13 yrs+	Tu,Th	8:45-9:45am	9/9-12/11	\$87
-----------	---------	-------	-------------	-----------	------

CARDIO STEP & BODY SCULPT

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat. *No Class Dates: Nov-24, Nov-26, Nov-28.*

Susan Hardy

Edison Community Center

450851-2A	13 yrs+	M,W,F	5:15-6:15pm	9/8-12/12	\$142
-----------	---------	-------	-------------	-----------	-------

CREATIVE MINDFULNESS

This class is geared to those who (of all ages) are creative, caring, compassionate, and want to be of service to others through the expressions of art, music, writing, dance, and any form of medium that heals, reveals, stimulates, inspires and inquires.

David Phears

HB Art Center

NonMem

450884-4A	10 yrs+	W	9:30-10:30am	9/10-11/12	\$206/\$186
-----------	---------	---	--------------	------------	-------------

FITNESS FOR LIFE

Come join our work-out using body weight, bands, stretching and exercise balls. First class will include an assessment. We'll set goals to get you fit to enjoy whatever it is you love to do! Enrollments are kept low to insure personal attention and training. Bring mat or towel to class.

Phil Hart

Rodgers Seniors' Center

450838-5A	40 yrs+	W	6-7pm	9/17-11/5	\$89
-----------	---------	---	-------	-----------	------

HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. *Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$165. *No Class Dates: Nov-28.*

Susan Hardy

Murdy Community Center

450841-1A	13 yrs+	M,W,F	8:30-9:15am	9/8-12/12	\$136
-----------	---------	-------	-------------	-----------	-------

HB PILATES BOOT CAMP

Are you ready to sweat?! Come join HB Pilates' highly certified NASM Personal Trainers for a Boot Camp that will help you build muscle, burn fat, and give you that extra energy boost for the day! Incorporating strength, power, stability and cardio circuit exercises, we promise to help sculpt and tighten your entire body so you will look and feel great! All ages and ability levels welcome. Bring mat, towel, water, and dumbbells (hand weights). All other equipment provided. x1 day a week \$132, x2 Days a week \$220, x3 days a week \$299. *No Class Dates: Nov-11, Nov-26, Nov-27, Dec-13.*

HB Pilates

Edison Community Center

450839-2A	16 yrs+	M	9-10am	9/8-11/17	\$132
450839-2B	16 yrs+	W	9-10am	9/10-11/19	\$132
450839-2C	16 yrs+	F	9-10am	9/12-11/21	\$132
450839-2D	16 yrs+	M	9-10am	11/24-12/15	\$54
450839-2E	16 yrs+	F	9-10am	12/5-12/19	\$45

HB Pilates

Murdy Community Center

450839-1A	16 yrs+	Th	9-10am	9/11-11/20	\$132
450839-1B	16 yrs+	Th	9-10am	12/4-12/18	\$45

UNLIMITED HB PILATES CLASSES

Sign up and have access to all HB Pilates group classes: BootCamp, Pilates Mat, Pilates Barre with Cardio, PILOXING, Pilates Chair, Ab-Core Blast and Prenatal/Postnatal Pilates. Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Limited spaces are available and some restrictions apply.

HB Pilates

All Locations

450896-1A	16yrs +	M-Sa	TBD	9/8-11/22	\$399
450896-1B	16yrs +	M-Sa	TBD	9/8-10/18	\$234
450896-1C	16yrs+	M-Sa	TBD	10/20-11/22	\$195
450896-1D	16yrs+	M-Sa	TBD	11/24-12/20	\$156



PRIVATE PILATES/PRIVATE PERSONAL TRAINING LESSONS

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up, working one-on-one will allow you to maximize your personal health and fitness goals. Each one-hour workout is designed to fit your needs and goals! Discounts given for multiple lessons. Group rates available. Times and dates TBD.

HB Pilates

All Locations

450897-1A	16yrs +	TBD	TBD	1 Lesson	\$75
450897-1B	16yrs +	TBD	TBD	10 Lessons	\$700
450897-1C	16yrs +	TBD	TBD	20 Lessons	\$1300

HB PILATES BOOTCAMP WITH MOM

Calling all parents! Why hire a babysitter AND a trainer when you can work out with your little ones! Mom's and/or Dad's, join us for a one hour workout that will allow you to bond with your babies AND help you sculpt and tighten your entire body. Kids 0-4 welcome. 2 kid max. Bring mat, sweat towel, water, and stroller or infant seat. *No Class Dates: Nov-11, Nov-26, Nov-27, Dec-13.*

HB Pilates

Murdy Community Center

450840-1A	18 yrs+	Tu	9- 10am	9/9-11/18	\$130
450840-1B	18 yrs+	Tu	9- 10am	11/25-12/16	\$58

HEALTH & WELLNESS-ESSENTIAL OILS

Learn the exotic and exciting history of how essential oils have been used over the ages and how they can benefit you and your family today. Classes will cover using essential oils for everything from enhancing wellness to making non-toxic cleaning and beauty products. We will include demonstrations and "recipes" for items you can make yourself to use at home or give as gifts!

Karen Redding

Rodgers Seniors' Center

450883-5A	18 yrs+	Sa	10-11am	9/27-10/18	\$49
450883-5B	18 yrs+	Sa	10-11am	11/1-11/22	\$49

KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class. *No Class Dates: Nov-11.*

Julia Weber

Murdy Community Center

450842-1A	13 yrs+	Tu	7-8pm	9/9-12/9	\$97
-----------	---------	----	-------	----------	------

PILOXING

From Hollywood to Huntington Beach! PILOXING combines Pilates and boxing into one fat torching, muscle sculpting workout that is fun, challenging and guaranteed to whip you into shape. PILOXING integrates the power, speed and agility of boxing with the strength and flexibility of Pilates. Attain a sleek, lean, powerful self-image. Drop-Ins: \$16. Bring mat, towel, water. *No Class Dates: Nov-11, Nov-26, Nov-27, Dec-13.*

HB Pilates

City Gym and Pool

450843-3A	16 yrs+	Tu	7-8pm	9/9-11/18	\$130
450843-3B	16 yrs+	Tu	7-8pm	11/25-12/16	\$58

HB Pilates

Edison Community Center

450843-2A	16 yrs+	Tu	10-11am	9/9-11/18	\$143
450843-2B	16 yrs+	Tu	10-11am	11/25-12/16	\$58

HB Pilates

Murdy Community Center

450843-1A	16 yrs+	W	7-8pm	9/10-11/19	\$143
450843-1B	16 yrs+	Sa	10-11am	9/13-11/22	\$143
450843-1C	16 yrs+	W	7-8pm	12/3-12/17	\$45
450843-1D	16 yrs+	Sa	10-11am	11/29-12/20	\$45

PILATES MAT

HB Pilates mat exercises are low impact with high results. HB Pilates' highly certified instructors will help you improve: posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Drop-ins welcome: \$16. Bring mat, towel, and water. *No Class Dates: Nov-11, Nov-26, Nov-27, Dec-13.*

HB Pilates

City Gym and Pool

450811-3A	16 yrs+	W	9-10am	9/10-11/19	\$132
450811-3B	16 yrs+	Th	6:15-7:15pm	9/11-11/20	\$132
450811-3C	16 yrs+	W	9-10am	12/3-12/17	\$120
450811-3D	16 yrs+	Th	6-7pm	12/4-12/18	\$120

HB Pilates

Edison Community Center

450811-2A	16 yrs+	M	6:30-7:30pm	9/8-11/17	\$132
450811-2B	16 yrs+	Tu	9-10am	9/9-11/18	\$120
450811-2C	16 yrs+	F	10:30-11:30am	9/12-11/21	\$132
450811-2D	16 yrs+	M	6:30-7:30pm	11/24-12/15	\$54
450811-2E	16 yrs+	Tu	9-10am	11/25-12/16	\$54
450811-2F	16 yrs+	F	10:30-11:30am	12/5-12/19	\$42

HB Pilates

Murdy Community Center

450811-1A	16 yrs+	M	10:30-11:30am	9/8-11/17	\$132
450811-1B	16 yrs+	Tu	6-7pm	9/9-11/18	\$120
450811-1C	16 yrs+	Sa	9-10am	9/13-11/22	\$132
450811-1D	16 yrs+	Tu	6-7pm	11/25-12/16	\$54
450811-1E	16 yrs+	Sa	9-10am	11/29-12/20	\$42

HB Pilates

Rodgers Seniors' Center

450811-5A	16 yrs+	W	5-6pm	9/10-11/19	\$132
-----------	---------	---	-------	------------	-------

PILATES BARRE WITH CARDIO

This high-energy class incorporates Pilates, yoga, and dance with cardio intervals to help condition and strengthen the entire body. Combining Pilates on the barre, resistance bands and exercise balls, this class will have you feeling fit and fabulous in no time while burning mega calories along the way! Fitness level: Intermediate. Bring: mat, towel, water. *No Class Dates: Nov-11, Nov-26, Nov-27, Dec-13.*

HB Pilates

City Gym and Pool

450855-3A	16 yrs+	W	10-11am	9/10-11/19	\$143
450855-3B	16 yrs+	W	5:15-6:15pm	9/10-11/19	\$143
450855-3C	16 yrs+	Th	7:15-8:15pm	9/11-11/20	\$143
450855-3D	16 yrs+	W	10-11am	12/3-12/17	\$45
450855-3E	16 yrs+	Th	7-8pm	12/4-12/18	\$45
450855-3F	16 yrs+	F	9-10am	9/12-11/21	\$143

HB Pilates

Edison Community Center

450855-2A	16 yrs+	M	7:30-8:30pm	9/8-11/17	\$143
450855-2B	16 yrs+	M	7:30-8:30pm	11/24-12/15	\$58

HB Pilates

Murdy Community Center

450855-1A	16 yrs+	Tu	7-8pm	9/9-11/18	\$130
450855-1B	16 yrs+	Tu	7-8pm	11/25-12/16	\$58

PRENATAL/POSTNATAL PILATES

Pilates is a safe and gentle way for women to exercise throughout their pregnancy as they prepare for childbirth, and after pregnancy when their body is recovering. All exercises are specifically designed for prenatal/postnatal women. This class is suitable for women in their 1st, 2nd, and 3rd trimester and women 6-8 weeks postpartum, with doctor's approval. Drop-Ins: \$16. Please bring mat, towel, and water. *No Class Dates: Nov-11, Nov-26, Nov-27, Dec-13.*

HB Pilates

Murdy Community Center

450856-1A	18 yrs+	Th	6-7pm	9/11-11/20	\$143
450856-1B	18 yrs+	Th	6-7pm	12/4-12/18	\$45

PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Register for more than 1x per week and save. Additional guests/drop-ins welcome: \$16.

HB Pilates

Rodgers Seniors' Center

450879-5A	18 yrs+	M	12:30-1:30pm	9/8-11/17	\$119
450879-5B	18 yrs+	W	4-5pm	9/10-11/19	\$119
450879-5C	18 yrs+	F	12:30-1:30pm	9/12-11/21	\$119
450879-5D	18 yrs+	M	12:30-1:30pm	11/24-12/15	\$49
450879-5E	18 yrs+	F	12:30-1:30pm	12/5-12/19	\$39

KINETIC MINDFULNESS

The process called "Kinetic Mindfulness" is a form of active meditation. The process focuses on breathing techniques, 'urban' meditation and creative imaging for practical and fulfilled living.

David Phears

Rodgers Seniors' Center

450815-5A	18 yrs+	M	9:30-10:30am	9/8-11/24	\$75
-----------	---------	---	--------------	-----------	------

NUTRITION TALKS: SWEET TOOTH SENSATIONS

Satisfy your cravings while enjoying your favorite treats! Topic: measurements, serving sizes, portion control, sweet taste bud exchanges and more! Lots of Q & A, so please email your questions prior to the seminar to info@hbpilates.com.

HB Pilates

Murdy Community Center

450889-1A	16 yrs+	Sa	11am-1pm	10/11	\$39
-----------	---------	----	----------	-------	------

NUTRITION TALKS: FAT BURNING TIPS FOR FALL

Topic: Foods that stabilize blood sugar, give longer duration energy, and help you stay focused and alert without crashing. Learn when to eat what, how to organize macronutrients, and the importance of combining all macros and micronutrients. Lots of Q & A, so please email your questions prior to the seminar to info@hbpilates.com.

HB Pilates

Murdy Community Center

450890-1A	16 yrs+	Sa	11am-1pm	9/13	\$39
-----------	---------	----	----------	------	------

NUTRITION TALKS: EAT MORE, BE THANKFUL

Guidance to enjoying festive foods! Topic: Best foods to eat first and why, best foods to eat more of throughout the day and throughout the holidays, enjoying more nutrient filled foods, becoming aware of choices and more! Lots of Q & A, so please email your questions prior to the seminar to info@hbpilates.com.

HB Pilates Murdy Community Center

450891-1A	16 yrs+	Sa	11am-1pm	11/8	\$39
-----------	---------	----	----------	------	------

NUTRITION TALKS: STEPS TO SURVIVING THE HOLIDAYS

Dodge those holiday pounds! Topic: Making better and more satisfying choices throughout the holiday festivities. Email/bring in your favorite holiday recipes and learn what to exchange ingredients with and why so you can still enjoy your favorite dishes and desserts. Lots of Q & A, so please email your questions prior to the seminar to info@hbpilates.com.

HB Pilates

Murdy Community Center

450892-1A	16 yrs+	Sa	11am-1pm	12/6	\$39
-----------	---------	----	----------	------	------



SATURDAY MORN CARDIO STEP

Make this class your wake-up workout. Using a 4"-8" step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for AB work. You'll be energized for the weekend! No Class Dates: Nov-29.

Susan Hardy

Edison Community Center

450846-2A	13 yrs+	Sa	9:15-10:15am	9/13-12/6	\$56
-----------	---------	----	--------------	-----------	------

SENIOR CARDIOFIT

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated! No Class Dates: Nov-11, Nov-28.

Marianne Grossman

Rodgers Seniors' Center

454088-5A	55 yrs+	Tu,F	9-9:45am	9/9-12/5	\$59
-----------	---------	------	----------	----------	------

SLIM & TRIM

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat. No Class Dates: Nov-28.

Georgia Spidle

Lake Park

450847-2A	18 yrs+	M,W,F	9-10am	9/8-12/19	\$60
-----------	---------	-------	--------	-----------	------

TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. No Class Dates: Nov-24, Nov-27.

Elizabeth Pham

Rodgers Seniors' Center

450881-5A	18 yrs+	M	6:45-8:15pm	9/8-12/8	\$65
450881-5B	18 yrs+	Th	9-10:30am	9/11-12/11	\$65

TAI CHI CHUAN FOR INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. No Class Dates: Nov-24, Nov-27.

Shona Howe

Rodgers Seniors' Center

450882-5A	18 yrs+	M	6:45-8:15pm	9/8-12/8	\$65
450882-5B	18 yrs+	Th	9-10:30am	9/11-12/11	\$65

TAI CHI TIGER WALKING

First class is free! Increase the benefits of walking by including the mindful principles of the fluid, flowing movement of Tai Chi. You'll soon walk farther, faster, with less effort, and no injury while gathering vital life force.

Donald Walker

Lake Park

450886-2A	18 yrs+	Tu	1:30-2:45pm	9/23-10/21	\$45
450886-2B	18 yrs+	Tu	6:30-7:45pm	9/23-10/21	\$45

TAI CHI FOR WELLNESS

First class is free! Relax, balance, and revitalize your body, mind and life force. Not a martial art or religion. The graceful, flowing movements improve health by toning muscles, increasing flexibility and aligning the body through a systematic release of stress. Instructor has a Tai Chi Masters teaching credential.

Donald Walker **Edison Community Center**
450887-2A 18 yrs+ M 1:30- 2:45pm 9/8-10/20 \$49

TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. *No Class Dates: Nov-11.*

Marianne Grossman **Edison Community Center**
450857-2A 18 yrs+ Tu 5:30-6:30pm 9/9-12/2 \$77

Marianne Grossman **Rodgers Seniors' Center**
450857-5A 18 yrs+ M 5:30-6:30pm 9/8-12/1 \$84

QIGONG

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential. 1st class is free.

Donald Walker **Murdy Community Center**
450864-1A 18 yrs+ W 6-7:15pm 9/10-10/22 \$49

YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

Yvonne Carmichael **City Gym and Pool**
450867-3A 16 yrs+ M 10:30am-12pm 9/8-11/10 \$97

YOGA AT EDISON

Yoga unites mind & body to reduce stress & promote holistic health benefits. Class incorporates postures, meditation & philosophy in a breath centered practice providing calm & well-being, as well as strength, balance, & flexibility. All levels welcome. Avoid eating 2 hours prior to class, bring a mat & blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, YTRx-500C, ERYT-500. *No Class Dates: Oct-8, Oct-15, Nov-26.*

Diane Pavesic **Edison Community Center**
450868-2A 18 yrs+ W 4:30-5:30pm 9/24-12/10 \$72
450868-2B 18 yrs+ W 5:45-6:45pm 9/24-12/10 \$72
450868-2C 18 yrs+ W 7-8pm 9/24-12/10 \$72

GENTLE YOGA: BUT NOT A BEGINNERS CLASS

This class is for the yoga student who has already completed a beginner's course and wants to be challenged in further developing their skills in body alignment and movement with a therapeutic edge and not being asked to be a pretzel. Limited to 12 students. Please bring mat and blanket. *No Class Dates: Oct-21, Nov-25.*

Help Your Health, Marutani Center, 18964 Brookhurst Street
RoxAnn Madera **Fountain Valley**
450871-1A 15 yrs+ Tu 9-10:15am 9/23-12/2 \$143

YOGA: RODGERS SENIORS' CENTER

Yoga unites mind and body to reduce stress and promote holistic health benefits. Class incorporates postures, meditation and philosophy in a breath-centered practice providing calm & well-being, as well as strength, balance & flexibility. All levels welcome. Avoid eating 2 hours prior to class. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500. *No Class Dates: Oct-9, Oct-16, Nov-27.*

Diane Pavesic **Rodgers Seniors' Center**
450872-5A 18 yrs+ Th 10-11pm 9/25-12/11 \$72
450872-5B 18 yrs+ Th 11am-12pm 9/25-12/11 \$72

CHAIR YOGA

Class incorporates stretches & meditation in a holistic breath-centered practice to promote overall well-being. Therapeutic benefits include reduced pain and blood pressure, improved memory, flexibility, balance, and sleep. All levels and abilities welcome. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, YTRX-500C, E-RYT-500. *No Class Dates: Oct-6, Oct-13, Nov-24.*

Diane Pavesic **Rodgers Seniors' Center**
450866-5A 18 yrs+ M 10-11am 9/22-12/8 \$72

YOGA: MURDY

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. *No Class Dates: Oct-13, Oct-14, Oct-17, Nov-7, Nov-11, Nov-24, Nov-25, Nov-28.*

Jacki King-RYT **Murdy Community Center**
450876-1E 18 yrs+ M 4:35-5:35pm 9/15-12/8 \$86
450876-1F 18 yrs+ W 4-5pm 9/17-12/10 \$86

Susan Holden-CYP **Murdy Community Center**
450876-1A 18 yrs+ M 6-7pm 9/15-12/8 \$86
450876-1B 18 yrs+ M 7:15-8:15pm 9/15-12/8 \$86
450876-1C 18 yrs+ Tu 5:30-6:45pm 9/16-12/9 \$80
450876-1D 18 yrs+ F 4-5pm 9/19-12/12 \$80

Yvonne Carmichael **Lake View Park, 17461 Zeider Lane**
450876-1G 16 yrs+ W 10:30am-12pm 9/10-11/12 \$97
450876-1H 16 yrs+ F 10:30am-12pm 9/12-11/14 \$97





YOGA AS A SENIOR SOLUTION

Starting in the chair with emphasis on breathing/posture, then using the chair as a prop for balance, stretching and flexibility, continuing down to the mat. Working to strengthen the body from fingers to toes, keeping ones independence and freedom of movement for your individual body, in a class limited to 12 students for individual attention. *No Class Dates: Oct-21, Oct-23, Oct-24, Nov-25, Nov-27, Nov-28.*

Help Your Health **Marutani Center, 18964 Brookhurst Street**
RoxAnn Madera **Fountain Valley**

450873-1A	50 yrs+	Tu	10:30am-12pm	9/23-12/2	\$143
450873-1B	50 yrs+	Th	10:30am-12pm	9/25-12/4	\$143
450873-1C	50 yrs+	F	10:30am-12pm	9/26-12/5	\$143

GENTLE YOGA FOR EVERYONE

Begin at the Beginning! Learn to live a balanced life with proper breathing, body alignment/posture restoring flexibility and gaining strength. A traditional class, Limited to 12 students for individual attention, working from fingertips to toes supporting the body as a whole acquiring a more acute sense of body awareness. Please bring mat and blanket. *No Class Dates: Oct-22, Nov-26.*

Help Your Health **Marutani Center, 18964 Brookhurst Street**
RoxAnn Madera **Fountain Valley**

450819-1A	15 yrs+	W	9-10:15am	9/24-12/3	\$143
------------------	---------	---	-----------	-----------	-------

MELT METHOD HANDS & FEET SOFT MASSAGE

This class will focus on your hands and feet, and can be done sitting. Ease the aches and pains of arthritis, carpal tunnel, and plantar fasciitis by treating the inflammation with these simple self-care techniques with soft balls. your entire body will feel better and function more efficiently. Please wear comfortable clothing and bring water.

Niki Parker **Rodgers Seniors' Ctr**

450895-5A	18-99 yrs	Tu	12:15-1:15pm	9/9-10/28	\$30
450895-5B	18-99 yrs	Tu	12:15-1:15pm	11/14-12/16	\$30

YOGA: BEACH VINYASA

Beautiful yoga at the beach! Come flow with me on Thursday mornings at 8:30am for one hour of Vinyasa. Increase strength and flexibility as we find our inner peace with the tranquil sea before us. We will be on the sand between 9th and 10th streets north of the pier, near the circle bike path. Remember to bring a mat (it will get sandy), water, and sunscreen. Namaste my friends. All levels are welcome.

Denise Stanek **City Beach**

450885-4A	17 yrs+	Th	8:30-9:30am	9/11-11/6	\$106*/\$96
------------------	---------	----	-------------	-----------	-------------

CANDLELIGHT YOGA

Decompress by candlelight on Tuesday evenings at HB's inspiring Art Center. Vinyasa yoga is a power yoga that provides a great workout while increasing strength and flexibility. Each class will strive to balance mind, body and spirit while decreasing stress and increasing inner peace and awareness.

Denise Stanek **HB Art Center**

450865-4A	17 yrs+	Tu	6:30-7:30pm	9/9-11/4	\$106*/\$96
------------------	---------	----	-------------	----------	-------------

GENTLE THERAPEUTIC: YOGA WITH A MALE FOCUS

Whether you are a weekend warrior (we do warrior poses), a couch potato or maybe you just work at your computer all week. Learn how to de-stress while becoming more flexible in this men's focused yoga class designed especially for your needs. Limited to 12 students for individual attention. Please bring a mat & blanket.

Help Your Health **Lake View Park, 17461 Zeider Lane**

450894-1A	15 yrs+	Sa	10-11am	9/27-11/22	\$95
450894-1B	15 yrs+	Sa	10:05am-12:05pm	9/27-11/22	\$95

YOGATATION

Come and experience a new way to relieve stress, find emotional balance and enjoy increased physical flexibility. 'Yogatation' is a practice developed by David Phears. Whether you are brand new to Yoga or Meditation or a seasoned devotee, 'Yogatation' is for every level of practice and knowledge. *No Class Dates: Nov-27.*

David Phears **City Gym and Pool**

450874-3A	16 yrs+	Th	8:45-10am	9/11-12/4	\$125
------------------	---------	----	-----------	-----------	-------

ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-burning, body-energizing fun. Ditch the workout-Join the Party! www.sockhopfitness.com. *No Class Dates: Nov-26. Walk-in welcome. \$13.*

SockhopFitness **Edison Community Center**

450858-2A	16 yrs+	W	6:35-7:25pm	9/10-12/10	\$89
------------------	---------	---	-------------	------------	------

SockhopFitness **Murdy Community Center**

450858-1A	18 yrs+	W	6-6:50pm	9/17-12/10	\$82
450858-1B	18 yrs+	Sa	8:05-8:55am	9/13-12/13	\$89

ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. *No Class Dates: Nov-24.*

SockhopFitness **Edison Community Center**

450888-2A	16 yrs+	M	5:45-6:30pm	9/8-12/8	\$89
------------------	---------	---	-------------	----------	------

ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for everyone ages 6 to 86! Reap the benefits of a calorie-torching workout while you "Zumba" to fabulous Latin and International music. Increases coordination, rhythm, balance, muscle tone, aerobic fitness and fun! Walk-ins welcome \$12. *No Class Dates: Nov-26.*

SockhopFitness **Edison Community Center**

450813-2A	6-86 yrs	W	5:45-6:30pm	9/10-12/10	\$89
------------------	----------	---	-------------	------------	------

SockhopFitness **Rodgers Seniors' Center**

450813-5A	6-86 yrs	Tu	6-6:50pm	9/9-12/9	\$89
------------------	----------	----	----------	----------	------

ZUMBA GOLD

Designed for active seniors or anyone just starting to exercise, Zumba Gold combines body sculpting moves with easy dance steps set to a fabulous mix of Latin and International music. Dance and shimmy your way to fitness while you burn calories, tone muscle and put a smile on your face. Drop in classes \$13. *No Class Dates: Nov-11.*

SockhopFitness		Murdy Community Center			
450817-1A	18 yrs+ Tu	8:05-8:55am	9/16-12/9	\$89	

ZUMBA GOLD AND GOLD TONING

It's fun! It's different! These easy yet enticing dance steps will improve balance, strength, coordination and aerobic fitness while you enjoy the sizzling Latin music. Maraca-like toning sticks enhance rhythm and tone muscles. A joyful workout for body and mind. Walk-ins welcome \$13. *No Class Dates: Nov-29.*

SockhopFitness		Rodgers Seniors' Center			
450859-5A	18 yrs+ M	9-9:50am	9/15-12/8	\$89	
450859-5B	18 yrs+ Sa	9-9:50am	9/13-12/13	\$89	

MARTIAL ARTS

FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Registration fee includes 3 family members, and there is a \$6 fee per each extra student. Take 2 days per week and save \$20. *No Class Dates: Nov-11, Nov-27.*

Frances Cardinal		Rodgers Seniors' Center			
450904-5A	3 yrs+ Tu	5-6pm	9/9-12/9	\$70	
450904-5B	3 yrs+ Th	5-6pm	9/11-12/11	\$70	

KARATE: PRACTICAL MARTIAL ARTS

Our system combines the foundations of traditional martial arts which instills a sense of respect, self-confidence, and focus; and adds to that a modern flavor of training. We combine the striking involved in Muay Thai, and Boxing-the groundwork of Jiu-Jitsu, and the throws and takedowns trained in Wrestling and Judo. Belt Advancement is Available.

Justin Betance		Murdy Community Center			
450905-1A	15 yrs+ Th	7-8pm	9/11-11/15	\$150	
	Sa	9-10am			

KARATE-DO TRADITIONAL JAPANESE

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Beginner/All Ranks. *No Class Dates: Nov-27.*

Wadoryu USA		Edison Community Center			
450907-2A	16-99 Th	7-8:15pm	9/11-12/11	\$150	

MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$80, any 2 days \$140, all 3 days \$160. *No Class Dates: Nov-11, Nov-27.*

Frances Cardinal		Rodgers Seniors' Center			
450901-5A	16 yrs+ Tu	6:15-7:30pm	9/9-12/9	\$80	
450901-5B	16 yrs+ Th	6:15-7:30pm	9/11-12/11	\$80	
450901-5C	16 yrs+ Sa	10am-12pm	9/13-12/13	\$80	

TAE KWON DO

Develop coordination, improve balance, and achieve total fitness while increasing self-confidence. Uniforms will be available for purchase from instructor. *No Class Dates: Nov-11.*

Kiavash Tillehkoob		City Gym and Pool			
450906-3A	10-17 yrs M,W	6:30-7:15pm	9/8-12/10	\$198	
450906-3B	10-17 yrs Tu,Th	6:30-7:15pm	9/9-12/11	\$198	
450906-3C	10-17 yrs M,Tu	6:30-7:15pm	9/8-12/9	\$198	
450906-3D	10-17 yrs W,Th	6:30-7:15pm	9/10-12/11	\$198	
450906-3E	10-17 yrs M,Th	6:30-7:15pm	9/8-12/11	\$198	
450906-3F	13 yrs+ M	7:15-8pm	9/8-12/8	\$187	
450906-3G	13 yrs+ Tu	7:15-8pm	9/9-12/9	\$187	
450906-3H	13 yrs+ W	7:15-8pm	9/10-12/10	\$187	
450906-3I	13 yrs+ Th	7:15-8pm	9/11-12/11	\$187	

MUSIC

GUITAR JAM BAND

Students will learn basic chords and scales, then utilize those fundamental tool to jam with each other while learning fun pop rock tunes.

Gino Riccardi		City Gym and Pool			
451006-3A	8-17 yrs W	3-4pm	9/10-12/3	\$120	
451006-3B	8-17 yrs W	4-5pm	9/10-12/3	\$120	

GUITAR: STRUMMING AND SINGING

Beginning guitar students will learn chords and how to apply them to traditional folk, pop, and camp songs. The class will also introduce students to singing while accompanying themselves on guitar. Fun and interactive, Strumming and Singing will have student's young and old ready to bring their skills to the next party, family gathering or camp out!

McGrath Music		Edison Community Center			
451002-2A	10 yrs+ Tu	7-8pm	9/9-10/28	\$125	

GUITAR: MORE STRUMMING AND SINGING

Picking up where Strumming & Singing left off, More Strumming & Singing will take students to the next level of guitar proficiency while retaining the recreational atmosphere of no stress, musical fun. This time around students will delve deeper into chords and apply them to even more interesting songs. Previous Strumming & Singing attendance or guitar experience is prerequisite.

McGrath Music		Edison Community Center			
451001-2A	10 yrs+ Tu	8:15-9:15pm	9/9-10/28	\$125	



UKULELE 101-A BEGINNING CLASS

Learn 10 songs in 10 minutes! No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun! Note: \$5 material fee will be collected at first class. *No Class Dates: Oct-7, Nov-4, Nov-11.*

Arthur Hopkins **Rodgers Seniors' Center**
451003-5A 18 yrs+ Tu 9:30-10:30am 9/9-11/18 \$64

UKULELE 102-BEYOND BEGINNERS

A 2nd class for learning to play the ukulele. Learn new strumming techniques. Learn to recognize chord patterns. Learn simple chord melodies and tips and tricks to enhance your playing skills. Note: \$5.00 material fee will be collected at first meeting. *No Class Dates: Oct-7, Nov-4, Nov-11.*

Arthur Hopkins **Rodgers Seniors' Center**
451004-5A 18 yrs+ Tu 10:45-11:45am 9/9-11/18 \$64

SPECIAL INTEREST

BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "The Gold Finch" by Donna Tartt before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. Material fee of \$5 is due at each meeting. *Class meets 10/8, 11/12, 12/10, 1/14.*

April Berg **Rodgers Seniors' Center**
451101-5A 18 yrs+ W 7-9pm 10/8-1/14 \$30

BEGINNING BRIDGE

This is the final session for the year. If one of your resolutions for 2014 was to learn to play Bridge, now is the time! Meet new people like you that are anxious to learn a new skill and have fun doing it. See you there! No partner needed.

Rita Spira **Rodgers Seniors' Center**
451102-5A 18 yrs+ M 2-4pm 9/8-11/3 \$54

BRIDGE INTERMEDIATE 1

Do you want to have fun while learning new conventions? Are you looking to update and improve your skills? This class may be just what you are looking for! We cover Stayman, Jacoby Transfer, 2 Clubs, Weak 2, Blackwood, just to name a few. Come join us! No partner needed.

Rita Spira **Rodgers Seniors' Center**
451103-5A 18 yrs+ Tu 2:30-4:30pm 9/9-11/4 \$54
451103-5B 18 yrs+ W 6:30-8:30pm 9/10-11/5 \$54

PRACTICE BRIDGE

Learning to play Bridge and looking for a place for you and your friends to play? Sign up to play here at Rodgers on Friday afternoons. Good opportunity to practice what you have learned in class by playing in actual situations. Self directed class. Knowledge of bridge rules and etiquette is a must! *No Class Dates: Nov-28.*

Recreation Staff **Rodgers Seniors' Center**
451108-5A 18 yrs+ F 1:30-4pm 9/12-10/17 \$12
451108-5B 18 yrs+ F 1:30-4pm 10/24-12/5 \$12
451108-5C 18 yrs+ F 1:30-4pm 12/12-12/19 \$4

SPORTS

PICKLEBALL CLINIC: ADULT BEGINNING

Pickleball class is for anyone with little or no experience playing pickleball. Basic skills will be introduced: safety, etiquette, rules, scoring, underhand serve, forehand, backhand, volley, overhead, lobs and basic strategies. Once you have completed these courses, you will have an understanding of how to play Pickleball, and can participate comfortably in beginning/intermediate Pickleball games. The nets, paddles and balls are provided.

Diana Abruscato **Worthy Park**
451396-5A 14-99 yrs Th 6-8pm 9/18-10/23 \$116

WOMEN'S VOLLEYBALL

Tuesday and Thursday is Intermediate/Advanced competitive league play only! Wednesday is for the beginning to intermediate players to refresh their skills of bumping, setting, spiking and serving. Fridays are for advanced players only, they must try out first day to make the list/team. *No Class Dates: Nov-11, Nov-27, Nov-28.*

Joann DiGiovanni **City Gym and Pool**
451302-3A 18-80 yrs Tu 9:30am-12:30pm 9/16-12/2 \$75
451302-3B 18-70 yrs Th 9:30am-12:30pm 9/18-12/4 \$75
451302-3C 18-65 yrs F 10:30am-12:30pm 9/19-12/19 \$99

VOLLEYBALL: ADULT CLINIC-INTERMEDIATE

This class is designed for those who have good fundamentals in addition to general consistency with their ball control. Students at this level can expect to learn advanced aspects of the game from strategy to overall improved technique. Guided play to follow instruction and drills. *No Class Dates: Nov-11*

Matthew Taylor **City Gym and Pool**
451309-3A 16 yrs+ Tu 7:15-9:15pm 9/16-10/21 \$99
451309-3B 16 yrs+ Tu 7:15-9:15pm 10/28-12/9 \$99

BEACH VOLLEYBALL: ADULT BEGINNING

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment.

Beach Volleyball CA Inc **City Beach**
451310-2A 18 yrs+ Tu 5:20- 6:20pm 9/9-10/14 \$90

BEACH VOLLEYBALL: ADULT INTERMEDIATE

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation.

Beach Volleyball CA Inc **City Beach**
451311-2A 18 yrs+ Tu 5:20-6:20pm 9/9-10/14 \$90

ICE SKATING FOR ADULT

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10 pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

The Rinks, Westminster ICE **13071 Springdale Street, Westminster**
451312-1A 17 yrs+ W 6:10-6:40pm 9/17-10/8 \$37
451312-1B 17 yrs+ W 6:10-6:40pm 10/15-11/5 \$37

SURF AND SKATE

BASIC SURF LESSON

This is a single lesson to introduce you to the joy of surfing and focuses on the basics of catching and riding waves, students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. www.HBSurfSchool.com

HB Surf School **City Beach**
451402-2A 10 yrs+ Sa 9-10:30am 10/11-10/11 \$75
451402-2B 10 yrs+ Sa 9-10:30am 10/18-10/18 \$75
451402-2C 10 yrs+ Sa 9-10:30am 10/25-10/25 \$75
451402-2D 10 yrs+ Sa 9-10:30am 11/8-11/8 \$75
451402-2E 10 yrs+ Sa 9-10:30am 11/15-11/15 \$75
451402-2F 10 yrs+ Sa 9-10:30am 11/29-11/29 \$75
451402-2G 10 yrs+ Sa 9-10:30am 12/6-12/6 \$75
451402-2H 10 yrs+ Sa 9-10:30am 12/13-12/13 \$75
451402-2I 10 yrs+ Sa 9-10:30am 12/20-12/20 \$75



ADULT LEAGUES

ARENA SOCCER LEAGUES

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of September 15, 2014. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6-including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website (surfcity-hb.org) or by mail. For league information or to be placed on the individual players list, please call (714) 536-5486. The first day of registration will be August 4, 2014. The deadline to turn in team registration to City Hall is September 5, 2014.

6 v 6 Men's Open League	Monday Nights	7pm, 8pm, 9pm
6 v 6 Men's Rec League-28 & Over	Tuesday Nights	7pm, 8pm, 9pm
6 v 6 Men's Open League	Wednesday Nights	7pm, 8pm, 9pm
6 v 6 Coed Rec League-28 & Over	Thursday Nights	7pm, 8pm, 9pm
6 v 6 Coed Open League	Friday Nights	7pm, 8pm, 9pm

Registration information for the Winter 2015 season will be available in November for the season starting in Mid-January, 2015.

ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Fall season will begin the week of August 18, 2014 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday. Coed teams play Sunday afternoons or evenings and Wednesdays. Team registration costs are \$420 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire. Over 55 Senior Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. Legends Senior Women's Softball Association plays on Monday nights at Greer and Thursday nights at Murdy Park. If you are interested call: 714-523-2313 The team registration fee for the Senior Leagues is \$200 per team, plus the \$15 per game official's fee.

Deadline for registration is Friday, August 8, 2014. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall, on the City website or by mail. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Winter 2015 season will be available in November for the season starting in Mid-January, 2015.

ADULT SIX'S VOLLEYBALL LEAGUE

Monday & Wednesday Nights 6-10pm
Winter, Spring, Summer & Fall Sessions

This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the City Gym at (714) 960-8884 or Rics Volleyball (714) 375-5063.

Win Win Promotions LLC **City Gym**
462107-3A Adult Mon 6-10pm MW \$250